

Mini quiche

Makes 12

Ingredients

- 12 slices wholemeal bread
- 2 spring onions
- 4 eggs
- 65ml reduced-fat evaporated milk
- ¼ cup reduced-fat grated cheese

Method

1. Preheat oven to 180°C and line a mini muffin tray with patty cases.
2. Remove crusts from bread and flatten slices with a rolling pin. Press bread into bottom of patty cases.
3. Finely chop spring onions.
4. Whisk eggs and milk in a jug. Pour egg mixture evenly amongst the bread cases.
5. Sprinkle spring onions evenly over quiches and top with a sprinkle of cheese.
6. Bake for approximately 15 minutes.

Tip: add halved cherry tomatoes, grated carrot or zucchini to boost the vegie content.



NUTRITION INFORMATION		
Servings per recipe: 12		
Average serving size: 70g		
	Per serve	Per 100g
Kilojoules (kJ)	569	812
Protein (g)	7.3	10.5
Total fat (g)	3.9	5.5
- Saturated fat (g)	1.2	1.7
Carbohydrates (g)	16.6	23.7
- Sugars (g)	1.9	2.8
Fibre (g)	2.6	3.7
Sodium (mg)	234	334

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines